## IT BEGINS

**Nastier-than-expected snowstorm plagues Ottawa commuters**

metroNEWS

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# Ottawa metro

Your essential daily news | TUESDAY, DECEMBER 6, 2016 High 2°C/Low -2°C A mix of sun and cloud


**Young doctors don't just look tired — they're tired. And with good reason**

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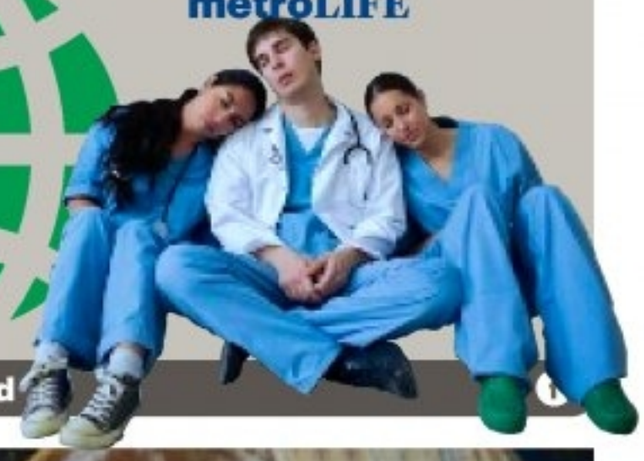

# National Defence light $1.2M

COURT

## Employee allegedly stole, sold computer equipment

Haley Ritchie
Metro | Ottawa


A National Defence worker allegedly stole more than $1.2-million worth of computer equipment over four years by using false purchasing orders, court documents show.

Andrew Heggaton, 33, was a civilian employee with the Department of National Defence inside the Canadian Forces Crypto Support Unit. He was fired in 2015 after an investigation caught him creating false documents and stealing expensive computer equipment, the documents say.

Heggaton was caught in the act on March 6, 2015, the court file says, with stolen parts totaling over $5,000 found on his person.

Court documents note that the stolen parts included fifteen "Intel Core I7 Processors," which retail for around $550 each, and four "Crucial BX 100 SSD Cards," which retail for around $250 each.

The parts he was caught with in March were the latest in a long-running con that saw him order over $1.2-million worth of merchandise on behalf of the government, the court documents allege.

Heggaton would allegedly order computer parts for the department with fake purchasing orders and pocket the money after reselling them on Kijiji.

Heggaton faces seven charges, including forgery, fraud, theft and trafficking of stolen goods.

While he was required to get approval on purchases, falsified documents prevented him for being caught.

The department's finance manager, Gerry Ringuette, approved orders without knowing that Heggaton hadn't received a real approval signature.

Between June 2011 and March 2015, the documents say Heggaton purchased $966,933 worth of parts. He allegedly purchased from computer part suppliers on behalf the Canadian Armed Forces by creating fake purchasing orders.

Heggaton falsely ordered $67,123 of merchandise from Netlink Computer Inc. and $61,033 from software company Softchoice, the documents allege.

In another incident on Sept. 4, 2014, the documents claim Heggaton falsified an invoice for $16,540.42 worth of non-specified computer parts.

The prime minister talks with grade 7 student Isabel Clement, 12, of D.A. Aubrey Intermediate in Ottawa on Monday. THE CANADIAN PRESS

## TRUDEAU CODE

**This Shopify campaign — and the PM — want to give tech-consuming Canadian youth the know-how to build it, too**

metroNEWS

metro NEWS COMET
Your essential daily news
Gunman enters restaurant to look for evidence of "Pizzagate." World

# Ottawa gearing up for Canada Games 2021 bid

CULTURAL EVENT

## Olympian teams up with Senators chief to pitch ideas

Skier and Olympian Sue Holloway is lending her expertise to Ottawa's bid for the Canada Games.

The city is vying to host the games in 2021. It's Ontario's turn to host the games that year, so the capital will be competing against Sudbury, Kitchener-Waterloo and the Niagara Region.

"Typically the games go to a smaller city; Ottawa would be the biggest one so far," Holloway said. "So we have to show that we are a big city with a small town heart."

Winnipeg will host the Canada Summer Games in July and August. They were held in Sherbrooke, Que., in 2013.

The team working on the bid, which includes co-chairs Holloway and Ottawa Senators president Cyril Leeder, will make a presentation to the city's finance and economic development committee on Tuesday.

Basically the team is putting together a bid that will highlight Ottawa's track record as a festival city.

"It's what we do," Holloway said, adding that the games will require some upgrades to facilities.

Holloway said the Great Lawn at Lansdowne Park would be used for volleyball games — after a bunch of sand is trucked in, of course.

The other facility that will require upgrades is Terry Fox.

"It has a lot of wear and tear," she said.

If Ottawa is successful, the city will get money from the provincial and federal government for capital upgrades. All the more reason to host it in Ottawa, Holloway said, adding the refurbished buildings will serve as a legacy.

"The Canada Games are a nation-building exercise," she said. "What better place to have them but the capital?"

> **We have to show that we are a big city with a small-town heart.**
> Sue Holloway

The key is to convince the games committee that Ottawans want the games here and willing to help out.

The bidding team will launch a website shortly and Holloway asked people to keep an eye out and sign up to volunteer. She said the city need 5,000 people to step forward.

"We have to show them we have the capacity to handle it," she said.

Organizers are hosting a launch party at city hall on Jan. 12 to get people out and excited about the games.

The "bid book" with the city's business case is due by Jan. 31 and Holloway said organizers have planned a relay to the Canada Games office.

On March 2, the selection committee will make site visits. The city should know for sure if it's hosting the games by the end of March or early April.

"It's a fairly tight timeline," Holloway said.

Aside from the nation-building, the games promise economic benefits for the city, Holloway said.

When Halifax hosted the winter games, they brought in $130 million and created 1,000 jobs, Holloway said.

Sherbrooke, which hosted the games in 2013, boasted $165 million in returns.

JENNIFER MCINTOSH/METROLAND MEDIA

**Sue Holloway,** an Olympic cross-country skier and part of the 2016 class of inductees into the Canadian Sports Hall of Fame, is helping to put together a bid for the Canada Games that will highlight Ottawa's track record as a festival city. MIKE RIDEWOOD/THE CANADIAN PRESS

ST. LAURENT BOULEVARD

## Makeover includes bike and bus lanes

A section of St. Laurent Boulevard in Alta Vista is undergoing a makeover that will see the installation of transit lanes and cycle tracks over the next year to meet the demand of a growing population and to ease congestion.

The two-stage $8.9-million project will change the look of the boulevard from south of Smyth Road to north of the junction at Industrial Avenue and Innes Road. It's scheduled to be completed in November 2017.

The raised cycle tracks will be installed on either side of the boulevard to provide a convenient and safer commuting method and add to multi-modal transportation options "as we seek to increase the usage of rapid transit through the incredible convenience and the speed of the LRT," Alta Vista Coun. Jean Cloutier said, referring to the new light-rail transit line that will open in 2018.

The improvements are being driven by the projected 30-per-cent boost to the city's population between 2006 and 2031, as well as to get more people out of their cars and reduce travel delay and infrastructure costs, according to a staff report to committee and council this spring.

The first phase of the overhaul began this past summer with utilities work from Industrial Avenue and Innes Road to Bourassa Street. And in early November, the sidewalks along that stretch began to be rebuilt and reconfigured. That was expected to be put on hold as of Dec. 16 for the winter months and resume next spring.

In 2017 the raised cycle tracks, which will be at the same level as the sidewalks, will be installed on both sides of the four-lane boulevard to improve traffic flow and improve safety for cyclists to Bourassa Street.

Transit-only lanes will be created in some sections along both sides of the boulevard. Other changes will include intersection modifications, the addition of new left-hand turning lanes, road resurfacing and new street lights.

ERIN MCCRACKEN/METROLAND MEDIA

CAP-AND-TRADE

## Minister won't order costs to be shown on gas bills

Energy Minister Glenn Thibeault won't order the Ontario Energy Board to break out the costs of cap-and-trade on natural gas bills.

The Liberal government's plan to have companies buy and sell pollution credits to reduce Ontario's greenhouse gas emissions is expected to add about $5 a month to home heating costs starting Jan. 1. But those increases will be buried in the "delivery" line on natural gas bills.

The OEB announced earlier this year that cap-and-trade won't be a separate line item because the regulator considers them a cost of doing business.

The auditor general commissioned a survey that found that 89 per cent of natural gas ratepayers want the cap-and-trade costs clearly displayed, which has renewed calls for the OEB to reverse its decision.

> **$5**
> Cap-and-trade costs expected to be added each month to natural gas bills starting Jan. 1.

But the regulator has so far stood firm, and the energy minister said he won't intervene.

The Progressive Conservatives noted the government has issued many directives to the OEB in the past, and said Thibeault should do so on this issue.

The Ontario Energy Board Act gives the government the power to issue directives in a number of areas, including steps "to promote energy conservation" and "the marketing of gas and the retailing of electricity in Ontario."

But Thibeault said while he has the power to ask the board to do a study, he doesn't have the power to overturn its decision as a "quasi-judicial and arm's-length" body.

The auditor herself called for the costs to be broken out, for transparency and it could help prompt ratepayers to switch to an energy source, such as electricity, that produces less greenhouse gas.

Even though the government has said cap and trade is expected to add $5 a month to the average natural gas bill, NDP Leader Andrea Horwath said customers will want to know exactly what they're paying.

The OEB said it "makes sense" to include cap-and-trade costs in the delivery line, with the other natural gas business costs, and that the most important driver of consumer behaviour is total price.

THE CANADIAN PRESS

# Tax break to get women on ballot

FEDERAL ELECTIONS

## Proposed incentive could help parties diversify ranks

Ryan Tumilty
Metro | Ottawa

A House of Commons committee that suggested dramatic changes to how Canada votes also wants parties to get a financial incentive to put more women on the ballot.

The Special Committee on Electoral Reform released their report last week, and while much of the attention was focused on a potential new voting system and a national referendum to make that choice, they also had some suggestions on gender diversity.

Their suggestion was to have Elections Canada come up with a financial incentive that would encourage parties to get more women running for office.

Nancy Peckford, a spokesperson for Equal Voice, which encourages women to run, said they believe the suggestion is an important step forward.

"We are very glad that they addressed the issue," she said.

According to Equal Voice, there were 97 ridings in the last federal election where there were no women on the ballot for the major three parties. Currently, 27 per cent of MPs are women.

Peckford said some parties did better than others in the last election and a financial incentive could help change that balance.

She said getting women to run may require parties to reach out more to find good candidates and putting a financial incentive could help change things.

"They would just make that additional effort in the ways they don't always."

Party nominations are governed by the parties themselves and Peckford said some more structure there could also help.

"There is a lack of ... regularity around how a nomination race is called," she said.

The Liberals have not committed to the referendum called for in the committee report and have instead started a national online consultation about changes to the voting system.

Peckford said regardless of what happens through that process, this more minor change should not be ignored and could go ahead with other measures designed to get a more diverse House of Commons.

> "I think the measure could be adopted regardless of or independent of changes to the electoral system." Nancy Peckford

Maryam Monsef, minister of democratic institutions, stands in the House of Commons during question period on Parliament Hill in Ottawa on Dec. 1, 2016. FRED CHARTRAND/THE CANADIAN PRESS

CANADA'S 150TH BIRTHDAY

# Ottawa 2017 city services to cost an additional $3.5M: Report

The extra hours for police, paramedics and a host of other city services for Ottawa 2017 events will cost about $3.5 million.

A report going to council's finance and economic development committee on Tuesday has the breakdown for Ottawa 2017 events, like Red Bull Crashed Ice and the Sky Lounge.

The report was requested earlier this year by Coun. Diane Deans, who asked what the city's costs would be and where the money would be found.

Deans was unavailable for an interview Monday.

The report lists 16 major events next year as part of the celebration for Canada's 150th birthday. The most expensive event will be Canada Day, where the city expects an additional $1.5 million in costs above and beyond a usual year.

Another expensive item for the Ottawa 2017 office is expected to be La Machine, an art installation project that involves a large mechanical spider and dragon that breathes fire moving around the city.

The city estimates $512,000 in direct cost for that event alone. The Red Bull Crashed Ice event is the second most expensive event on the list, with an expected $332,000 price tag.

In total, 10 of the events are being funded through the Ottawa 2017 office at a cost of $1.2 million. An additional two events — the Grey Cup and New Year's Eve celebrations — are funded by the office with partner funding.

Guy Laflamme, executive director of Ottawa 2017, said all of that money has been found and budgeted for.

He said both La Machine and Crashed Ice will be large events with thousands of people downtown, which is why those costs are so high. RYAN TUMILTY/METRO

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COMPUTER SCIENCE

# Trudeau joins tech push in classrooms

A campaign aimed at encouraging young people to get into computer programming is getting a boost from Justin Trudeau.

The prime minister joined the co-founders of Canada Learning Code and Code.org Monday to mark the launch of Computer Science Education Week at an event called Hour of Code, with several dozen students gathered at Ottawa-based e-commerce firm Shopify.

**218K**

The number of technology jobs expected to be created between now and 2020 in Canada.

Melissa Sariffodeen, who heads Ladies Learning Code, says while nearly all youth in Canada are tech consumers, they aren't given enough opportunities to actually build the technology they use.

A report released in March projected that Canada's economy will create at least 218,000 tech jobs between now and 2020. But the Information and Communications Technology Council (ICTC) says there aren't enough people to fill them.

The not-for-profit council has called for reforms to Canada's education and economic policies, including starting computer science education in kindergarten and offering tax credits to small businesses to hire IT people.

Sariffodeen says with so many jobs becoming tenuous as a result of changing technology, it's important that schools expose students to high-tech opportunities that could lead to more stable employment. THE CANADIAN PRESS

EDUCATION

# Vanier school ranks in top 25 in province

A Vanier private school cracked the top 25 elementary schools in the province for academic performance in recently released rankings by the Fraser Institute.

Ahlul-Bayt Islamic School in Vanier claimed the top spot in Ottawa, ranked 25 out of 2,900 schools ranked across the province. The not-for-profit private school has especially high rankings in math, and has no special needs students.

The Calgary-based group released annual rankings on Sunday for both elementary and secondary schools in several provinces. The scores are calculated by looking at standardized testing scores in math, reading and writing.

"The idea behind the report card, its design, is that it makes it easy to compare schools one to another," said Peter Cowley, director of the study. "Without comparison it's very hard to set improvement targets."

Unlike the high school rankings list, this year's elementary school ratings don't include information on five-year trends because of labour disruptions.

The Fraser Institute's ranking system is often criticized by parents and school boards, who say the numbers-only academic analysis doesn't allow for a full picture of the school.

Cowley agrees that the rankings don't paint an entire picture — but he argued they are based off the available hard numbers that exist, making them useful for parents.

HALEY RITCHIE/ METRO

An early-morning snowstorm resulted in mass bus cancellations and long commutes. HALEY RITCHIE / METRO

# City sees a 'bit of a surprise' snowfall

OC TRANSPO

## Cancelled routes, delays plague Ottawa commuters

Haley Ritchie
Metro | Ottawa

A nastier-than-expected storm on Monday morning surprised the city and commuters with heavy snowfall during rush hour that didn't match up well with the plow schedule.

Ottawa police said they received reports for a total of 95 collisions as of 5 p.m.

"My personal commute was quite long this morning and I suspect that was replicated by a lot of people," said Transit Commission Chair Stephen Blais.

"I do know that OC Transpo was out and running, there were delays but it was running better than expected," he said. "Considering it started at 3 a.m., there is only so much you can do in that window before rush hour starts."

OC Transpo was tweeting out cancelled routes steadily for several hours.

"Delays between 10-20 mins can be expected on most routes due to the weather conditions,

> The snow was so close to our changeover in the morning. It's a timing issue. Luc Gagné

with some buses showing delays as high as 30 mins," was the warning given around 4 a.m.

At that time plow crews were already an hour into their plowing and salting routine, but Luc Gagné, manager of roads services, said the timing of the snow made it difficult to clear roads before the morning rush.

"We monitor the weather obviously," said Gagné. "The forecast was calling for three to five centimetres, and we got a little bit of a surprise."

Gagné said snow was still falling hard during the plow's shift change around 7 a.m., which requires drivers to head back to the garage and switch out.

"The intensity of the snow was so close to our changeover in the morning. It's a timing issue," he said. "If it had started at midnight we would have had an opportunity to get over the network once or twice."

Gagné said snowfall was particularly heavy in the south and west end.

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SOCIAL SERVICES

# Transit commission passes 2017 budget

Ryan Tumilty
Metro | Ottawa

Advocates called on the city to spend more and reduce the cost of a new low-income transit pass before the transit commission passed the budget Monday.

The proposed budget includes the new $57 monthly pass, which would come into effect next year, but several community groups urged councillors on the transit commission to push down that price.

"It ought to be at $41.75 a month and that way you would reach more people," said Alex Cullen with the Federation of Citizen Associations. "It's a good step, but you can do better."

Cullen argued that $41.75 would put it in line with the community pass that the city offers currently to recipients of the Ontario Disability Support Program.

Coun. Keith Egli said the city did the best it could with the money available for a low-income pass.

"At this point in time we have hit the right price point, within the parameters and the resources the city has to work with," he said.

He added that the community groups calling on them to lower the cost should make the case with the provincial government, who he says could be doing more to help the city with the cost.

"Rise up to your MPPs and make the case the same way you did to your local representatives."

The transit commission was also encouraged to do more to improve Para Transpo, which has seen long waits and delays in booking calls.

Kathleen Fortin said the system is getting more and more unreliable for users.

"Most days I work for over half an hour to make a booking," she said. "It's gradually getting worse and worse. It used to take me maybe five or 10 minutes to get a booking."

Transportation manager John Manconi said they had some staff shortages that they're now filling, but he hoped the problem would soon be behind them.

"I am assuming that within weeks we will see some noticeable improvements."

# Report warns of drone terrorism

SECURITY

## News of close encounters with planes may give extremists ideas

Publicity about near-misses with drones might give terrorists ideas about how to take down planes, a report warns. THE CANADIAN PRESS FILE

Publicity about near-misses between drones and passenger aircraft might give terrorists ideas about how to take down a plane, a federal intelligence report warns.

The Transport Canada report obtained by The Canadian Press also suggests small unmanned aerial vehicles, or UAVs, could easily be used for advance surveillance of targets.

The report tempers such fears by noting the practical hurdles in employing a drone for nefarious purposes.

But the assessment underscores concern in intelligence circles that terrorists could take advantage of the tiny, inexpensive and widely available flying machines.

The report documents five reports of "near misses" between Canadian aircraft and UAVs last year. In September 2015, a WestJet flight from Edmonton to Abbotsford, B.C., reported a drone passing about 60 metres underneath the plane.

Just last month, a Porter Airlines fight to Toronto narrowly avoided crashing into an object initially thought to be a drone.

Media coverage of near-collisions between UAVs and passenger aircraft "may encourage interest amongst extremists to consider the tactic," the Transport Canada intelligence report says.

However, given the short flying time — 10 to 40 minutes — of most off-the-shelf drones and strong, persistent winds at high altitudes, "intentionally striking an aircraft in-flight would be unlikely," the report adds.

THE CANADIAN PRESS

**MONTREAL CALL MR. PLOW** Winter has reared its ugly head in cities across the country and those early snowy blasts are creating havoc on the roads. Montreal is not immune to slippery snafus as we can see reflected in the misadventures of bus drivers and others who became caught up in the snowballing situation. TEXT: ANDREW FIFIELD/METRO; PHOTO: FACEBOOK/TORSTAR NEWS SERVICE

**SASKATCHEWAN**

**Mayor hopes refinery plan will be an economic boom**

Dominion Energy Processing Group has announced plans to build a 40,000-barrel-a-day refinery complex in Saskatchewan. The U.S.-based company says it will be built near Stoughton, whose mayor Bill Knous welcomes the news, saying it would provide an economic boom at a time when the oil industry is in a slowdown. THE CANADIAN PRESS

NEWFOUNDLAND

## Woman thinks son was arrested in Iraq

The mother of a former Canadian soldier says she believes he has been arrested in Iraq while on a humanitarian mission.

Kay Kennedy of St. Vincent's, N.L., said she was speaking with her son Mike on Tuesday when she realized something was wrong.

"He wasn't his upbeat self," she said. "He was very abrupt in his answers to me. Then, all of a sudden, he said, 'Mum, I gotta go.'"

Kennedy said she hasn't heard from her son since then, but she said a friend of his later confirmed via text message from Iraq that her son had been arrested after returning from a mission in Syria. Kennedy said she believes there was a problem with some documents, suggesting some had expired. THE CANADIAN PRESS

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# A bad day for education

LABOUR

## Minister called on to quit after all Nova Scotia schools closed

Zane Woodford
Metro | Halifax

Calls for the resignation of Nova Scotia's minister of education's resignation bounced off the walls inside and outside the Nova Scotia House of Assembly on Monday, but to the minister herself, the idea was laughable.

After shutting down every school in Nova Scotia on Saturday, Minister Karen Casey announced Monday that they'd reopen Tuesday, citing a change in the directives around the Nova Scotia Teachers Union's planned work-to-rule job action. Casey had said on Saturday that the union's work-to-rule job action would make schools unsafe for children, leaving her with no choice but to close them.

"Those circumstances have now changed, and they've changed for the better," Casey said Monday afternoon.

The leader of the province's Progressive Conservatives, Jamie Baillie, called on Casey to resign.

"The government really decided to play politics with students and classrooms," Baillie said Monday. "They closed the schools, causing great hardship to all Nova Scotia families on the pretext of safety. That pretext was blown out of the water for the lie that it is today, and now the government's credibility is in tatters."

During an eight-minute press conference for which the minister was 25 minutes late, Casey laughed when asked if she was considering resigning.

"I have no intention of resigning," she said.

By the end of the day Monday, the crowd outside the House of Assembly numbered in the hundreds, and speakers, to cheers, called for Casey's resignation.

Maylia Parker and her husband Jeff brought their kids Mattias and Ella to the protest Monday morning, wanting to give them a lesson in politics.

"We decided instead of going to work today, we would take this time to educate our kids on civic duty, and democracy, and how this process works," Parker said, calling the government's reason for closing schools "a crock, a complete excuse."

"The government did a good job of pissing off parents, they really did," she said.

Teachers across Nova Scotia took to social media on Monday to show what they were doing in empty classrooms. TWITTER

### Messages of support

"My kids … benefit every day at school from the hardworking teachers that go above and beyond," Marcie Rossiter said, her voice breaking with emotion.

Rossiter was one of many who took action Monday to show support for teachers. There were stories of muffins being dropped off and parents lining up to clap for teachers as they walked into school. Rossiter got some chalk and drove her two daughters to their school, and although she wasn't able to attend the rally in downtown Halifax, she said she still had to "do something."

She wrote chalk messages at both entrances to the school, like "we love our teachers." Some of the educational assistants spotted them from the windows and alerted the teachers, Rossiter said, who came out to clap for the girls and gave them all hugs.

A student at a rally in Halifax on Monday. JEFF HARPER/METRO

WASHINGTON, D.C.

## From online rumour to real violence

The bizarre rumours began with a leaked email referencing Hillary Clinton and sinister interpretations of references to pizza parties. It morphed into fake online news stories about a child sex trafficking ring run by prominent Democrats operating out of a Washington, D.C., pizza joint.

On Sunday, it culminated in violence when police say a North Carolina man fired an assault rifle multiple times inside the Comet Ping Pong restaurant as he attempted to "self-investigate" the conspiracy theory known on the Internet as "Pizzagate."

No one was hurt and the man was arrested, but the shooting alarmed those from neighbouring businesses all the way to the White House about the real life dangers of fake news on the internet.

White House Spokesman Josh Earnest, asked about the shooting Monday, said, "There's no denying the corrosive effect that some of these false reports have had on our political debate … it's deeply troubling that some of those false reports could lead to violence."

**Edgar Maddison Welch** surrenders to police on Sunday after "investigating" a Hillary Clinton conspiracy with an assault rifle at a pizza restaurant. SATHI SOMA/THE ASSOCIATED PRESS

Edgar Maddison Welch, 28 of Salisbury, North Carolina, was arrested Sunday afternoon outside the popular eatery in an affluent capital neighbourhood, police said.

At a first appearance Monday in D.C. Superior Court, Welch appeared handcuffed in a white jumpsuit and was ordered held pending a hearing Thursday.

Comet's owner, James Alefantis, said in a statement Sunday night: "Let me state unequivocally: These stories are completely and entirely false, and there is no basis in fact to any of them. What happened today demonstrates that promoting false and reckless conspiracy theories comes with consequences."

Still, at least one person clinging to the conspiracy theories is prominently connected to Trump's transition team. Michael Flynn Jr. is an adviser to his father, Michael Flynn, whom Trump selected to serve as national security adviser.

Flynn Jr. has sent numerous posts on Twitter about the Pizzagate conspiracy theories. Flynn Jr., who has accompanied his father to presidential transition meetings inside Trump Tower and lists the presidential transition website as part of his Twitter bio, tweeted Sunday night that, "Until #Pizzagate proven to be false, it'll remain a story."

Welch was charged on multiple counts, including assault with a dangerous weapon. Police recovered an AR-15 rifle, a Colt .38 handgun, a shotgun and a folding knife.

THE ASSOCIATED PRESS

GERMANY

## Migrant's murder arrest emboldens nationalists

The arrest of a 17-year-old Afghan migrant suspected of raping and killing a university student must not be used for "rabble-rousing and conspiracy propaganda," Germany's vice chancellor said Monday as a nationalist party argued that the government bears a share of the blame.

The teen, who entered Germany last year as an unaccompanied minor, was arrested Friday. The victim, a 19-year-old medicine student, vanished in mid-October on her way home from a party in the city of Freiburg and her body was found in a river.

> **We must not allow this abhorrent act to be abused for rabble-rousing.**
> Sigmar Gabriel

The arrest of the suspect has played into ongoing tensions about the arrival in Germany last year of hundreds of thousands of migrants. Joerg Meuthen, a co-leader of the nationalist Alternative for Germany party, argued Sunday that Chancellor Angela Merkel and Vice Chancellor Sigmar Gabriel bear "a decisive share of the responsibility for this cruel act and many other 'isolated cases' that have happened daily in Germany since the unhindered entry of illegal immigrants."

The party rose in polls following last year's migrant influx and hopes to enter the national Parliament in an election next year in which Merkel is seeking a fourth term.

"We must not allow this abhorrent act to be abused for rabble-rousing and conspiracy propaganda," Gabriel told Monday's edition of the Bild daily. "It is clear to everyone that refugees can commit equally terrible crimes as people born in Germany." THE ASSOCIATED PRESS

# 'The whole world is watching'

STANDING ROCK

## After massive achievement, activists vow to keep fighting

Protesters who celebrated a major victory in their push to reroute the Dakota Access oil pipeline vowed to remain camped on federal land as they wait to find out whether President-elect Donald Trump might seek to overturn a decision that delayed the $3.8-billion project.

The American Petroleum Institute, which represents the U.S. oil and natural gas industry, urged Trump to make approval of the disputed pipeline a "top priority" once he takes office next month, but a Trump spokesman on Monday offered few clues about how the incoming president might address the matter.

The Army Corps of Engineers on Sunday denied a permit for the pipeline to cross under the Missouri River in southern North Dakota near the Standing Rock Sioux Reservation. The tribe believes the 1,900-kilometre pipeline to transport oil threatens drinking water and cultural sites.

Fireworks fill the night sky after activists learned an easement had been denied for the Dakota Access Pipeline near the Standing Rock Sioux Reservation on Sunday night. GETTY IMAGES

"I am hopeful President-elect Trump will reject the Obama administration's shameful actions to deny this vital energy project," American Petroleum Institute President and CEO Jack Gerard said in a statement late Sunday.

Trump supports construction of the pipeline, spokesman Jason Miller said Monday, but Miller wouldn't say whether Trump would reverse the Corps' decision. The uncertainty of what Trump will do is keeping many supporters in the camp despite winter conditions.

"The whole world is watching," said Miles Allard, a member of the Standing Rock Sioux. "I'm telling all our people to stand up and not to leave until this is over."

Pipeline opponents have camped for months near the pipeline route in North Dakota. Hundreds of people at the Oceti Sakowin, or Seven Council Fires, encampment cheered and chanted "mni wichoni" — "water is life" in Lakota Sioux — on Sunday when they learned of the Corps' decision.

The company constructing the pipeline, Dallas-based Energy Transfer Partners, slammed the Corps' decision as politically motivated and alleged that President Barack Obama's administration was determined to delay the matter until he leaves office.

"The White House's directive today to the Corps for further delay is just the latest in a series of overt and transparent political actions by an administration which has abandoned the rule of law in favour of currying favour with a narrow and extreme political constituency," the company said in a statement Sunday night. THE ASSOCIATED PRESS

WAREHOUSE FIRE

## Murder charges possible

Prosecutors said Monday that murder charges could result from their investigation into the Oakland warehouse fire that broke out during an underground dance party at a building known as the Ghost Ship, killing three dozen people.

Alameda County Sheriff Gregory Ahern said he didn't believe there would be additional bodies found in what is the most lethal building fire in the U.S. in more than a decade.

But he cautioned that it was "impossible to be absolutely positive" until the entire recovery effort is complete. Authorities had gone through about three-quarters of the building by Tuesday afternoon.

The laborious job of digging with shovels and buckets through the debris was suspended overnight because of a dangerously unstable wall. It resumed in the morning, though a rainstorm Tuesday could complicate the effort.

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Tuesday, December 6, 2016

CHANTAL HÉBERT ON THE 'LOCK HER UP' CHANT

# Does Chris Alexander not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

What could former immigration minister Chris Alexander have been thinking?

On Saturday, the federal Conservative leadership hopeful spoke at an Alberta rally against that province's planned carbon tax.

As he regaled the crowd with an invitation to vote out NDP premier Rachel Notley, protesters began the "Lock her up" chant that was one of the more despicable features of president-elect Donald Trump's campaign.

A video of Alexander shows him smiling and then nodding along and gesturing in time with the chant.

He then resumed speaking — for about a full minute — but never alluded either to the chant or to what he subsequently said was his sense that it was totally inappropriate.

He told the CBC: "I was smiling because I was trying to think of a way to change the chant."

To Maclean's, he maintained that he disapproved of the chant but that he believed one should listen to constituents.

But the latter did not stop Jason Kenney — even as he is campaigning for the Tory leadership in Alberta — from calling out the protesters.

As opposed to Alexander, Kenney does have a dog in the provincial fight against Notley. He tweeted: "There are good reasons to oppose a carbon tax. But calling on our democratically elected premier to be 'locked up' is ridiculous and offensive."

Just last week on CBC's The National, Alexander agreed to read some of the abusive e-mails and tweets he received for his role in handling the Syrian refugee crisis.

**BODY LANGUAGE** Conservative leadership candidate Chris Alexander smiled while his supporters called for the sitting Alberta premier's incarceration. THE CANADIAN PRESS

The main point of the exercise was to expose how social media has become a vehicle to spread hatred against politicians and their families in general and women in politics in particular. Vile language is increasingly becoming par for the course in Canada's public debate — at some cost to citizen engagement.

For every protester validated by Alexander's silence on Saturday, there are likely many who found his complacent silence at least as disturbing as the chant itself.

Does he not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

One can only wonder why Alexander spoke at the demonstration in the first place. Federal leadership aspirants — or at least those who are considered serious contenders — do not normally take the stage at protests against sitting provincial governments. There are good reasons for that.

As often as not the stuff that party supporters dislike in one province is party policy in another.

In Alexander's own province of Ontario, Tory leader Patrick Brown, a former federal caucus colleague, subscribes to the necessity of pricing carbon.

In Manitoba, Conservative Premier Brian Pallister — yet another former federal Conservative caucus member — has promised to deliver a made-in-Manitoba carbon-pricing plan.

Both are leaning towards a revenue-neutral carbon tax.

Alexander left diplomacy for elected politics less than a decade ago. At the time he was considered a star recruit. But the go-along-to-get-along attitude that may have been an asset in diplomatic circles has not served him well in politics.

It is not the first time he has missed an opportunity to show that he is neither tone-deaf nor spineless.

With Canadians reeling from the photographs of the lifeless three-year old Alan Kurdi at the time of the 2015 federal campaign, he gave the CBC an interview about the Syrian refugee crisis that was so devoid of empathy that it probably went some way to costing him his seat.

In the days leading up to the vote he, along with leadership rival Kellie Leitch, took on the dubious mission of promoting a government snitch line to report so-called barbaric cultural practices.

Prior to throwing his hat in the leadership ring, Alexander said in an interview that both issues had been mishandled. He believes that contributed to the Conservative defeat. They were also the only two campaign events that featured him in a frontline role. Not that it is really an excuse, but in contrast with Saturday's appearance in Alberta, he could at least be assumed to have been acting on orders from the campaign brain trust.

On Tuesday evening, the 14 men and women who are currently vying for Stephen Harper's succession will take part in the first of two debates designed to offer a measure of how fluent they are in both official languages.

That may be the only test of leadership the bilingual Alexander will pass with flying colours.

**Chantal Hébert** is a national affairs writer.

**This is not the first time Alexander has missed an opportunity to show that he is neither tone-deaf nor spineless.**

# Electoral reform doesn't seem to rank

COLLINS' CAPITAL

Steve Collins

Today, we begin to see where electoral reform, and ranked ballots in particular, rate as priorities of this council. Prediction: Not high.

The finance committee gets a report this morning from city clerk Rick O'Connor on changes to the provincial Municipal Elections Act for the 2018 election, many of which expand his workload.

"Most provisions are mandatory, such that neither the Clerk nor Council has discretion with respect to administering and complying with them," it notes. It's mostly marching orders from Queen's Park — and there's a bright side to that.

Corporate and union campaign donations, for example. have been banned. That's an overdue reform that our council last year voted against even asking the province for the power to make on their own. Every individual councillor who voted no had been elected in part with corporate money, and they weren't noticeably eager to cut off that source of funding.

It remains to be seen how much of that cash will be redirected to the remaining legal channel of third-party advertising, but at least now politicians will have to rely on actual human donors, rather than companies that tend to do significant amounts of business with the city.

One area in which council has discretion is the option to introduce ranked ballots. (Voters rank candidates in order of preference. Less-popular candidates get eliminated and their votes reassigned to remaining competitors, until someone actually gets a 50 per cent majority.)

Advocates argue this produces a clearer mandate for the winner, and eliminates vote-splitting, strategic voting and other winner-take-all shenanigans that tend to increase voter frustration and cynicism, which probably contribute to weak voter turnout (just shy of 40 per cent here in 2014).

The clerk's office, we're informed, takes no position on ranked ballots, but certainly seems keen to list every reason why it can't or shouldn't happen in 2018.

First off, it's never been done before anywhere in Canada, and Ottawa would be the largest municipality to ever do so in North America (though ranked-ballot San Francisco has a comparable population.)

Technically, we're stuck with machines that aren't set up for ranked ballots. Council would have to pass an enabling by-law by May 1 (after public consultations) to change for the next election.

There's also the matter of cost. We don't do E-day cheap around here. As the report points out, our voters are spread out over a larger geographic area than Toronto, and every polling station is bilingual and accessible, with special-needs terminals and other resources. Money well spent.

Bringing in ranked ballots and sufficiently informing the public about it, the clerk warns, could drive up the cost of the election to $9.9 million from $6.4 million.

Now add the fact that every single member of council was elected through first-past-the-post. From their perspective, how bad could the status quo really be?

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Jimmy Kimmel will host the 89th Academy Awards on Feb. 26, his first time as Oscars MC

# Doctors' diagnosis: burnout

MEDICAL PROFESSIONALS

## Working 100+ hours per week takes a toll on residents

Genna Buck
Metro

Imagine this was your schedule: All week, your alarm buzzes at five a.m. You're at work by six, and then it's non-stop until eight or nine at night. Lunch break? If you're lucky.

The next day, you're on call for 24 hours. You may or may not get to sleep.

That's life as a medical resident in Canada. In most specialities, residency is a four-year marathon after med school: 100-hour workweeks, evenings spent studying and up to seven 24-hour call shifts a month, except in Quebec, where they're capped at 16 hours.

Experts have been debating for decades about whether doctors who work such long days are hurting patients — or themselves.

Their focus has shifted since 2013, when a research report from Canada's doctors' associations found, surprisingly, no clear evidence that patient safety improves when doctors aren't allowed to work above a certain number of hours per week (typically 80), or are required to block off five uninterrupted hours to sleep.

Rather than strictly limiting hours, hospitals and doctors' groups are turning to interventions like the resiliency curriculum developed by Resident Doctors of Canada. It's based on cognitive behavioural therapy and teaches self-monitoring and mindfulness.

Dr. Kimberly Williams, president of RDoC, believes long hours are not the only, or even the most important, contributor to burnout. It's the pressure of being constantly evaluated, the lack of control over your schedule, and uncertainty about the future, she said.

Two major studies in the past month, one from the Mayo Clinic and one in the medical journal The Lancet, looked at ways institutions have tried to deal with fatigue, emotional exhaustion, and extraordinary depression rate: 29 per cent, versus 12 per cent of the general population.

The Mayo clinic study found hospitals had the most success with organization-wide changes like regular psychological screening, leadership training for supervising doctors and bi-weekly group dinners where residents can vent to peers who understand.

The Lancet paper, which reviewed previous studies, found pretty much all burnout-reduction programs were equally, and not very, effective. On average, they reduced burnout rates from 54 per cent to 44 per cent, as measured by a standard psychological test.

And that's assuming those who have a problem admit it.

Many doctors don't, said one resident who has trained in both Ontario and Quebec hospitals. He didn't want us to mention his name or even his speciality.

He described workplaces with a "machismo" culture and unsustainable stress, and needed counselling to cope.

Young doctors are often far from home, working for bosses who are depressed and irritable, and dealing with traumatic cases and patient deaths for the first time — all without a moment to breathe, he said.

"I've worked 24 hours straight without a break of any kind, having a granola bar in my pocket," he said. "Pretty much every resident can describe a situation like that."

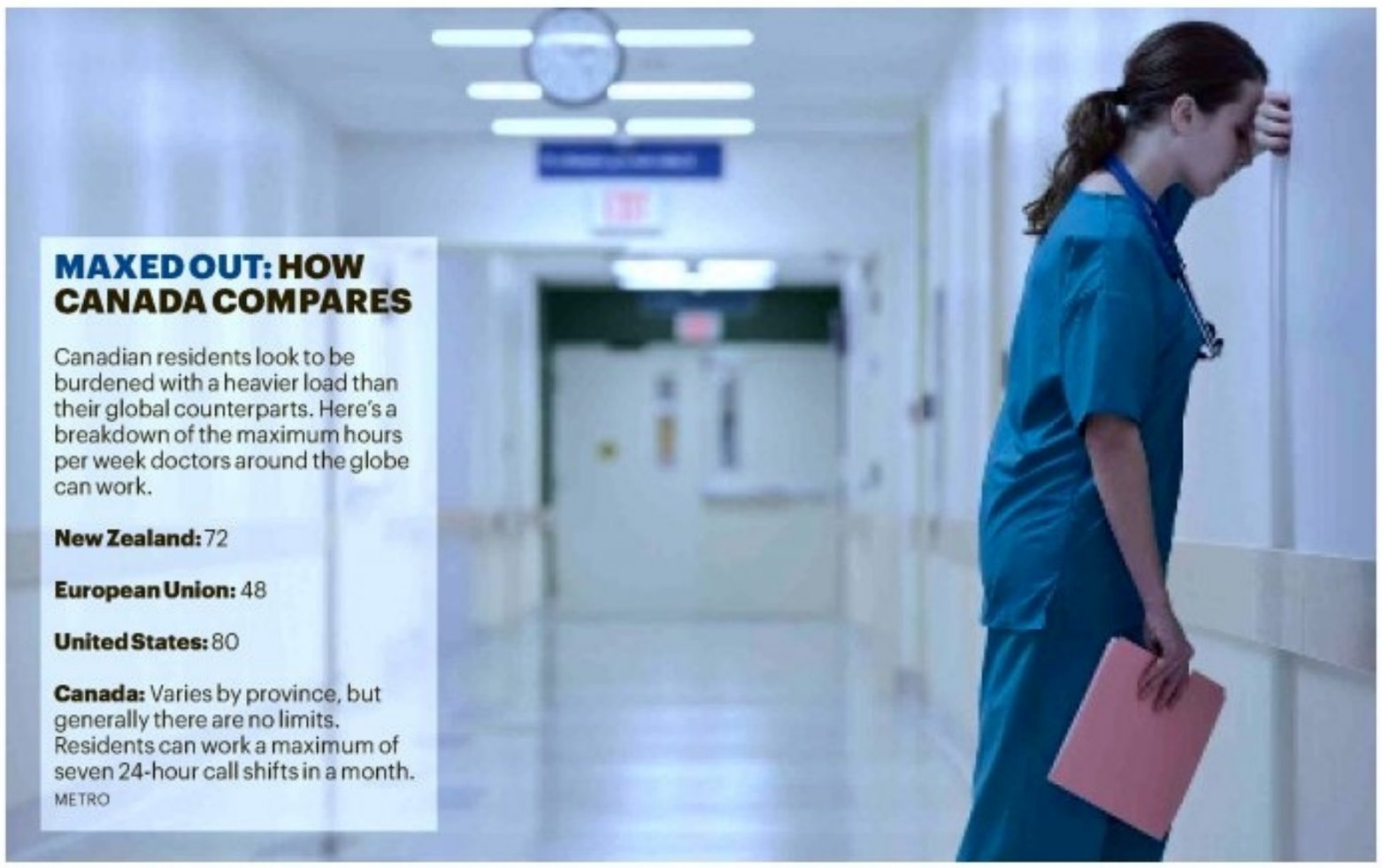
It's a recipe for depression: "This weird thing happens. You feel like there's no life outside of residency. You forget about yourself. You feel like a slave, and like you'll be a bad doctor."

Even going to the bathroom feels like letting down a patient and your co-workers, he added.

He said there's not a clear solution. More downtime means the need for more residents, who will need more (taxpayer funded) jobs after their training. And with more doctors on duty, studies show, there are more patient hand-offs, increasing the chance something important will be missed.

He'd like to see hospitals reduce the amount of time doctors spend on paperwork that could be done by someone else. But at the heart of the issue is the need for more rest.

"It would be very helpful to be able to do the things we did to get into med school: volunteer, be a community member, see family and friends. The culture says those things are frivolous. They're not," he said.



### MAXED OUT: HOW CANADA COMPARES

Canadian residents look to be burdened with a heavier load than their global counterparts. Here's a breakdown of the maximum hours per week doctors around the globe can work.

**New Zealand:** 72

**European Union:** 48

**United States:** 80

**Canada:** Varies by province, but generally there are no limits. Residents can work a maximum of seven 24-hour call shifts in a month.

METRO

**Young doctors across Canada are risking fatigue and emotional burnout with their working hours.** ISTOCK

**When it comes to casual boots, researchers found Sperry's Vibram Arctic Grip boots (left, $200; Sperry.com) performed best. For safety boots, Dakota's transitional boot with "Green Diamond" soles ($199.99; Marks.com) were the top rated.**

SLIP AND FALLS

## Study finds the best footwear to get a grip

This winter, thousands will feel their legs fly out from under them, and curse the icy surface that forced them to the ground.

Every year, more than 20,000 people in Ontario go to hospital due to injuries relating to falling on ice or snow, according to the University Health Network.

A group of researchers is trying to prevent those winter falls by helping Canadians pick out the safest, non-slip winter boots on the market. Researchers on the iDAPT team at the Toronto Rehabilitation Institute-University Health Network examined 98 pairs and rated their grip on slippery surfaces on a scale of one to three snowflakes.

"You put snow tires on your car in the winter, surely you should worry about the boots you're going to wear in the same weather," said Geoff Fernie, the research director at the Toronto Rehabilitation Institute.

Researchers tested the slip resistance of 98 different pairs of new winter boots on ice, including safety and casual shoes, and found that just eight per cent met minimum standards.

Volunteers strapped into harnesses and wore boots in the WinterLab, a cool laboratory that recreates winter life in Canada. The Winterlab features sub-zero temperatures, blistering winds, icy sidewalks and slippery hills. Each boot was given a ranking on — what else — a snowflake scale.

Boots were measured based on the "Maximum Achievable Angle" testing method, hailed as the first of its kind. Boots that were slip-resistant at an angle of seven degrees — the angle that Ontario's accessibility guidelines specifies for curbs you see on sidewalks — were awarded one snowflake. Two stars were awarded for 11 degrees and three stars for 15 degrees. But none of the boots tested met the two or three star standard. In fact, almost none managed to crack the snowflake scale at all.

"We discovered that 90 of the boots we tested couldn't even get to seven degrees, they couldn't even get to one snowflake," Fernie said. "In fact, some of them were so bad that people couldn't stand up on level ice without their legs going out from under them like a cartoon character."

TORSTAR NEWS SERVICE

# Friends...until the bitter end

RELATIONSHIP STATUS

## Platonic splits prove to be just as difficult as romantic ones

**Annie Wong has recently had two friends break up with her.** STEVE RUSSELL/TORSTAR NEWS SERVICE

Annie Wong has been told she can be a bad friend.

Earlier this month, she and a friend were emailed by a mutual acquaintance asking about a possible artistic collaboration. In a reply-all message, what came back from the friend was a shock: "I no longer speak with Annie Wong."

Despite the pair meeting in "a magical way" on the streetcar a year ago, sharing creative interests and the intention to develop a closer bond, they didn't hang out that much. The now-former friend accused Wong of not making time for the friendship.

"She was right," said Wong on Nov. 17, a day that happened to be National Unfriend Day, a faux holiday created by comedian Jimmy Kimmel, to "protect the sacred nature of friendship," according to its Facebook page.

Wong is a self-described introvert and multidisciplinary artist who finds it hard to balance her personal life with her many gigs. She feels guilty about missing baby showers and birthdays but didn't see this breakup coming.

"When this happened it made me think about all of my friends because I've made so many interesting friends and I miss them," said Wong, 32.

Though the depths of romantic breakups are plumbed in movies, books, lovelorn poetry and songs, platonic breakups — an actual rupture, not just ghosting — can be just as devastating if less visible, said Shasta Nelson, a California-based friendship expert and author of two books on friendship.

On a new episode of Chelsea Handler's talk show, the comedian discusses friend breakups with celebrities Trevor Noah, Sarah Jessica Parker and Julianna Margulies. But other examples are tough to recall. That lack of exposure is a shame because most women will experience the end of a friendship more often than the end of a romance.

"Chances are higher that we would have more platonic breakups in our lifetime than romantic breakups," Nelson said. "We have so many more friends than we do dating partners, but we don't talk about it very much."

The five most common threats to friendships include blame, jealousy, judgment, neglect, and non-reciprocation, said Nelson.

There are no cultural guideposts or social models for how friend breakups should happen. Nelson recommends having "the talk" to end things with healthy closure just as one would with a lover, even if it can be awkward — which it will.

She said most people will replace half of their current close friends in seven years, a fact backed up by a longitudinal Dutch study published in 2014 in the journal Social Networks.

That study showed that while the average number of confidants and friends remained stable, about half of those contacts were swapped out for new ones within seven years, often due to life-changing events such as a new job, marriage or home.

Experts say many friendships needn't end entirely, especially among the kind of pals who have been around long enough to remember childhood homes or first marriages. But there are deal-breakers, said Irene S. Levine, author of Best Friends Forever: Surviving a Breakup with Your Best Friend and professor of psychiatry at the New York University School of medicine.

Those include behaviour that undermines you, your career, or other relationships, such as badmouthing and gossip. It could also be behaviour that is untrustworthy, such as lying or spilling secrets, or encroaching on boundaries, such as stealing friends or copying.

Not all friendships that fail are toxic. Some just don't work. Many friendships end "when there are consistent misunderstandings, disappointments, friction," psychologist Levine said

If that happens, be sure you're prepared to deal with the fallout.

"Once you pursue that route, there's no going back," Levine said. "You have to be very sure. You'll never be able to reclaim the friendship at the same level of intimacy." TORSTAR NEWS SERVICE

Keto coach Raj Patel has limited his carbs to 30 grams daily for six years. ANDREW FRANCIS WALLACE/ TORSTAR NEWS SERVICE

Many followers of this high-fat regimen test their ketones with a urine test. TORSTAR

# Forget fat-free: High-fat diets are in, but do they work?

FAD OR FOR REAL?

## How amped-up Atkins has won new fans — with balls of bacon

Bacon and eggs rolled into a ball with mayonnaise. Bacon, avocado and butter balls. Peanut butter, cocoa and butter balls.

Those three recipes might sound like the nutritional fantasies of an adolescent or Homer Simpson, but they are a few examples of "fat bombs," permitted on the latest trendy weight-loss diet that even a few years ago might have seemed outrageous.

But as experts debate whether carbohydrates or calories, sugar or fat are the true enemy of maintaining a healthy weight, the Ketogenic diet — basically an amped-up Paleo or Atkins diet — has moved into the realm of reasonable. Fat bombs are a preferred snack for followers of this low-carb, high-fat plan.

The basic principle is simple: the body burns carbohydrates as its primary source of fuel and denying it those carbs forces the body to burn fat. This is achieved by eating a diet that's mostly fat.

To function properly the human brain is dependent on glucose, derived from sugars. When that's unavailable, the liver will break down fat instead, producing molecules called ketones as an alternate energy source. This metabolic state, known as ketosis, keeps the brain working even during times of starvation.

Ketosis is a normal process though people eating a balanced diet may never experience it. The keto diet has been attributed to rapid and dramatic weight loss though some experts question whether eating a maximum of 50 grams of carbohydrates a day — the equivalent of a cup of oatmeal, or two slices of bread and an apple — is sustainable. Some followers consume much less. Many also test their ketones with a urine test.

Raj Patel, 40, has limited his carbs to 30 grams daily for six years. He's now a self-taught keto coach who helps design meal plans for his clients, many of whom want to lose weight or manage their diabetes. Patel was 35 when he first read about keto on a bodybuilding website. He was pumping iron but getting nowhere and weighed more than he wanted to. After adopting a keto diet, he dropped from 240 to 175 pounds in two years.

Now, he'll eat eggs, bacon, coconut oil, avocado and spinach for breakfast; chicken legs with skin and salad with olive oil for lunch; full-fat ground beef, avocado and broccoli for dinner. No fruit, no dairy, no alcohol and no starchy carbs.

"I look younger now than I did then," Patel said.

Recent studies have shown that fat, even saturated fat from red meat, cheese and coconut oil, is probably no worse for your heart than carbohydrates.

"The thing is, your body doesn't care about calories. If you take 100 calories of chocolate chip cookies or 100 calories of salad, the metabolic effect is totally different," said Dr. Jason Fung, a kidney expert at Scarborough General Hospital and author of the 2016 book The Obesity Code: Unlocking the Secrets of Weight Loss.

In it, he argues the real culprit is too much insulin, which tells the body to store energy. Dietary fat has almost no insulin response, he said. Hence the butter-bacon balls.

Some elite athletes, such as NBA stars LeBron James and Kobe Bryant and the Australian cricket team have attributed high-profile weight loss to very low-carb diets.

It may be effective, but the nature of dieting predicts a high risk of failure, said obesity expert Dr. Yoni Freedhoff, assistant professor at the University of Ottawa and medical director of the Bariatric Medical Institute.

"It's another one of a thousand ways a person might try to control their dietary intake … it still does come down to energy intake and output."

TORSTAR NEWS SERVICE

> **Your body doesn't care about calories. If you take 100 calories of chocolate chip cookies or 100 calories of salad, the metabloic effect is totally different.** Dr. Jason Fung



# The invisible cancer

## Lung cancer is the most common type of cancer in Canada

It was a bout of persistent laryngitis that led Miriam David to a diagnosis of lung cancer in 2011. It was the last thing the non-smoking Torontonian, a former teacher just a year into retirement, expected to hear. "I had led a very healthy and active life," she says.

Lung cancer kills more people than breast, prostate and colon cancer combined, yet the disease still carries a persistent stigma that is an everyday reality for patients. Currently, there are no screening programs to aid in early detection for high-risk individuals. In spring 2017, three pilot programs will get underway in Ontario to improve screening, which could save thousands of lives a year, says Dr. Paul Wheatley-Price, a medical oncologist at the Ottawa Hospital and the University of Ottawa, and president of Lung Cancer Canada.

New treatment and immunotherapy drugs developed over the last five years are also cause for hope. Yet while many of the treatments have finished the clinical trials stage, Canada's approval framework can mean a lengthy delay in getting them into the hands of patients. According to a Lung Cancer Canada analysis, in most cases Canadians wait more than a year for Health Canada approval, and even longer for access, compared to their U.S. peers.

It's something David has experienced firsthand: When chemotherapy failed to stop her tumours from growing, she needed other options. Outside of a clinical trial, there was no way to test for the specific mutation of her lung cancer. Refusing to give up, she found a hospital in New York that could perform the necessary test. The results confirmed a rare mutation. While a targeted drug existed, it wasn't yet approved in Canada, so David purchased the initial dose in the U.S.

"The Food and Drug Administration are rapidly approving these drugs now when they are proven to be of benefit," says Wheatley-Price, adding that in some cases, drugs become available within weeks. It's a different story in Canada where multiple approvals are required. "We have drugs that we want to prescribe but we're still waiting for that public reimbursement."

Miriam David was diagnosed with lung cancer just a year into retirement. CONTRIBUTED

For David, who has twice accessed drug treatments in the U.S., that waiting game was something she couldn't afford. Still, she stresses that Health Canada and the drug manufacturers were helpful in getting her the drugs she needed on compassionate grounds. Her most recent medication is newly approved and David says she's feeling good. "Because of the rarity of my cancer, I'm actually very blessed and so lucky to have drugs available."

Lung Cancer Canada recently launched the 2016 Faces of Lung Cancer report, which provides a real-time perspective on Canada's largest cancer killer. To view this year's report, visit lungcancercanada.ca.

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# LEARNING CURVE

## WHAT TO EXPECT FROM YOUR FIRST POST-SECONDARY EXAM

Remember your very first test? Palms sweating and knees shaking, you clutched onto your pencil as Teacher handed out those papers and you prayed you might be able to peek over your pal's shoulder for a few of the answers.

Years later and your first post-secondary exam is on the horizon. The nerves of the past remain, but now your panic is in part due to your not knowing what to expect when entering the exam room. So what can you study up on to prepare you for this all-new type of test?

"Definitely students should know that the weighting of the exams is different," says Alison Crerar, academic advisor and course instructor at the University of Guelph. "In high school you have many different opportunities throughout the year to build a final grade. Whereas here you can have two midterms and a final exam and that's it."

Further to that point, Crerar says students new to post-secondary don't often realize that post-secondary exams are generally set in stone, despite life's unfortunate circumstances.

ISTOCK

"If say, your girlfriend breaks up with you the day before your exam and you're in no shape or form, you've got to speak with your counsellor and professor right away," says Crerar. "The prof might then recommend you don't take the exam, but after the fact it's very difficult to retake it."

"I also find that students are shocked when they have to complete two exams in one day," says Crerar. "But you can have three in one day. As long as it's not a conflict you should prepare to have multiple."

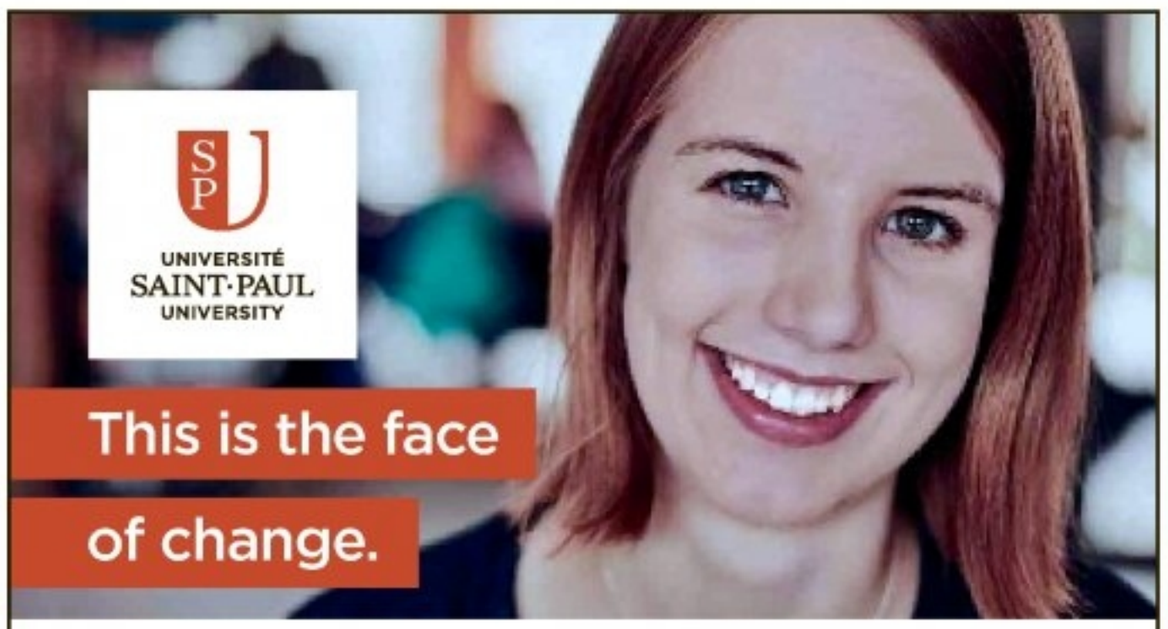
Roxanne Ross, manager of the student success centre at the University of Calgary, says that understanding how you will be tested and preparing accordingly is key to calming the jitters.

"Preparing for an essay exam might include identifying course themes and corresponding supporting details as well as anticipating questions and practicing timed writing," says Ross. "For multiple choice exam preparation however, students might want to focus on organizing a lot of detailed information in a way that they will be able to easily recall such as creating diagrams, concepts maps or charts."

Ross encourages students to ask professors for clarification on the set up of the exam, as well as to confirm what they are allowed to bring along with them.

"Students are restricted in what they can bring into an exam, so ensuring they understand what is and isn't permitted is really important such as calculators, formula sheets and study sheets."

*-LIZ BEDDALL*

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Besides its outstanding programs, SPU offers students the support and guidance they need to succeed academically and personally; access to symposiums, conferences and workshops; residence accommodation; and a library with an outstanding collection of documents and books on a wide range of specialized subjects.



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Are you already a college graduate? By studying at SPU, you could receive up to 60 equivalency credits, complete your bachelor's degree in two years and get a head start on your career.

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# Keeping up to date with ever-changing job market

Through advisory boards, industry partners and well-connected faculty members, Algonquin College is constantly keeping an eye on Ontario's ever-changing job market.

It's this sort of dedication, says one expert at the college, that allows Algonquin to provide the training learners need.

"Not only are we offering the right programs by monitoring industry needs," says Janice Pryce, a marketing officer, "but we also review existing programs yearly to make revisions to keep up with labour market changes."

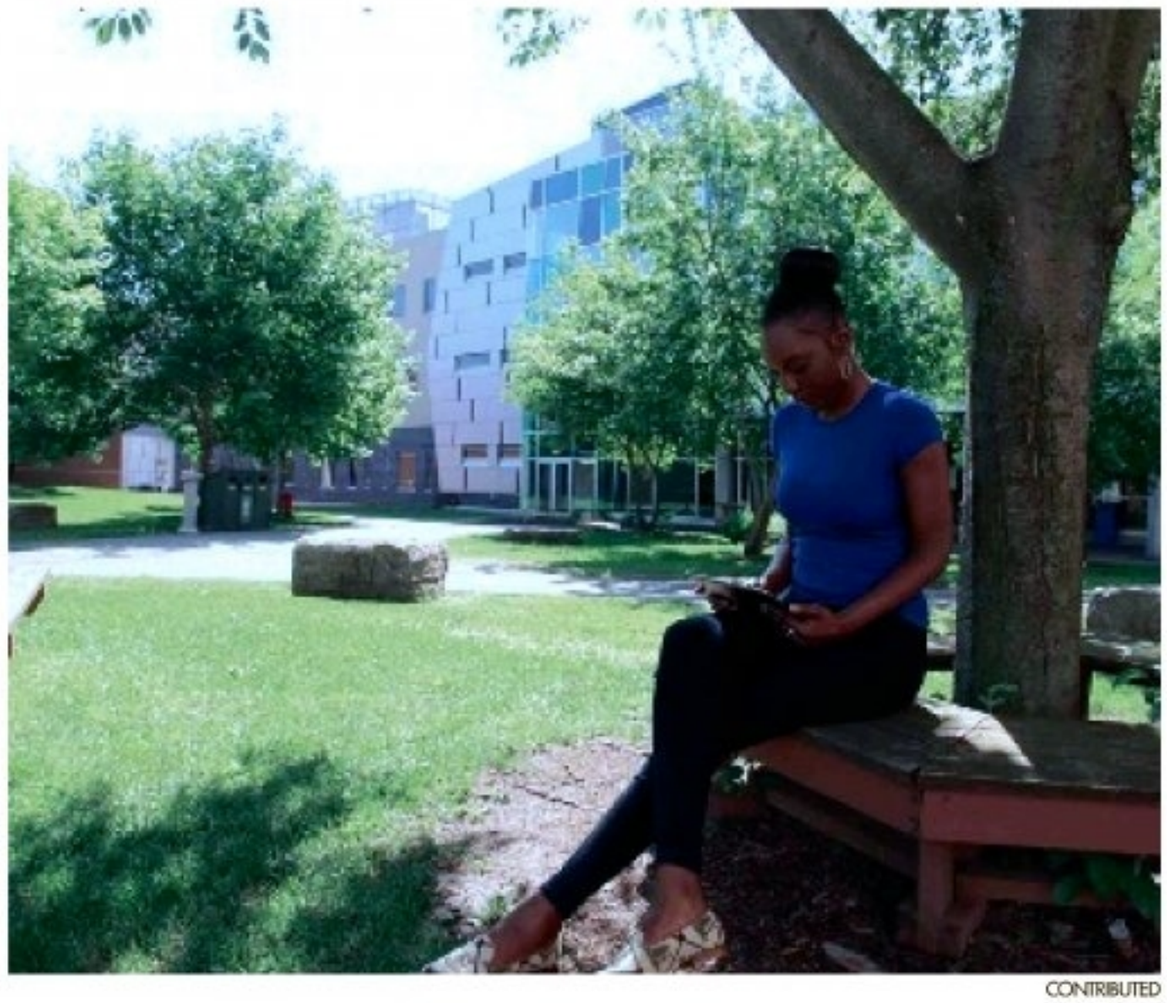
Currently, says Pryce, hospitality, health care, and arts and media have all become areas of interest due to market trends, which are sometimes also confirmed by both enrolment and graduate hiring rates.

"Right now, 97 per cent of our culinary management grads, 85 per cent of our culinary skills — chef training grads and 90 per cent of our baking and pastry arts grads are hired within six months of graduation," she says.

"Meanwhile, in an area of design such as animation not only have we seen an increase in applications and enrolment with the continued popularity of animated movies but in the last two years every student in the animation program has secured a job in the industry by the time they graduated."

Other sectors such as health care, meanwhile, are seeing a shift that is resulting in growth. Today, says Pryce, factors such as Canada's aging population and a more community-based approach to health care are opening doors in service sector careers including personal support work, nursing and social assistance. The shift also allows for those already in the field to advance their careers through laddering.

"We are seeing students, for example, take something like our one-year personal support worker program," says Pryce, "and then come back to ladder into our two-year nursing program by completing a series of pathway courses that allows them to go right into semester two of nursing."



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Market trends also play a role when Algonquin launches or updates existing offerings. One such newer program is interactive media management, which, says Pryce, was a response to the demand for interactive media designers who can plan and develop websites, online media and dynamic content.

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Canadian catcher Russell Martin of the Blue Jays is among 30 players who are confirmed to participate in the 2017 World Baseball Classic

# Matsuyama in full swing with 'A' game

GOLF

## Japanese star has won four of his last five tournaments

It started with a victory at home in the Japan Open. It ended with another trophy in the Bahamas against a short but strong field.

Five tournaments. Four victories.

The way Hideki Matsuyama is playing, he might wish the Masters started next week.

Or maybe not.

"I'm kind of glad it's not," he said with a broad smile, "because I don't think I could win next week."

Winning must be exhausting for the 24-year-old Japanese star, and no one has been more proficient at it over the last two months. Even more alarming is that Matsuyama is making it look easy, although getting through the final nine holes at the Hero World Challenge felt as heavy as walking through the beach sand of the Bahamas.

Coming off seven-shot victories in the HSBC Champions and the Taiheiyo Masters, he had a seven-shot lead over Henrik Stenson going into the final round at Albany Golf Club. Matsuyama didn't make another birdie after the ninth hole, and his lead was reduced to two shots with two holes to play when he closed with two pars for a 1-over 73 and a two-shot victory.

Hideki Matsuyama won the Hero World Challenge this past weekend in Nassau, Bahamas. CHRISTIAN PETERSEN/GETTY IMAGES

"I can't say that I played well today," he said. "But I did win Tiger's tournament, and what a great honour it is."

Matsuyama said Tiger Woods has been his golfing idol as long as he can remember, and as much as he enjoyed winning, he was just as happy to see Woods back in competition. Woods led the field with 24 birdies, but six double bogeys contributed to a 15th-place finish in the 17-man field.

**12**

**Matsuyama now has 12 victories worldwide.**

The first time he heard of Woods was when Matsuyama was five and watched video — "over and over and over again," he said — of Woods winning the 1997 Masters. Three years later, Woods won 10 times around the world, including the final three majors in what is considered his best season.

"Unfortunately, I wasn't able to see all those wins because they didn't have the broadcast in Japan," Matsuyama said. "But I knew Tiger was winning, and I knew he was very good. And I almost expected him to win every tournament."

Perhaps he is starting to appreciate what it's like to get on a roll.

"I'm not even close to being mentioned in the same sentence as Tiger," he said. "But I am working hard, and hopefully, little by little, I'll get better and better."

THE ASSOCIATED PRESS

> **He's going to be one of the top guys to beat for a very long time.**
> Tiger Woods

AUTOPSY REPORT

## Ex-Senator died of drug overdose

Authorities say former Colorado Avalanche player Marek Svatos died of a drug overdose.

According to an autopsy report released Monday, the 34-year-old had several drugs in his system at the time of his death on Nov. 5, including anti-anxiety medication and painkillers. It also said that drug paraphernalia was found near him at his home in the suburban Denver city of Lone Tree.

The Douglas County coroner's office concluded he died of "combined drug intoxication" but officials couldn't determine whether it was accidental or not.

The report noted that Svatos reportedly had a history of using heroin, had suicidal thoughts and had recently experienced "life stressors" and legal issues.

The native of Kosice, Slovakia, played for the Avalanche from 2004 until 2010. He also played briefly for Nashville and Ottawa.

Svatos recorded 100 goals and 72 assists in 344 regular-season NHL games.

THE ASSOCIATED PRESS

**Marek Svatos played for the Senators at the end of the 2010-11 season.** GETTY IMAGES

### IN BRIEF

**Rondo suspended for one game by Bulls**

The Chicago Bulls have suspended Rajon Rondo for one game for conduct detrimental to the team.

The Bulls didn't detail the infraction. Rondo was to serve his one-game suspension Monday night, when Chicago hosted the Portland Trail Blazers.

In his first year with the Bulls, Rondo has averaged 8.2 points, 7.2 assists and 6.7 rebounds. THE ASSOCIATED PRESS

**Louisville's Jackson headlines Heisman finalists**

Clemson quarterback Deshaun Watson is a Heisman Trophy finalist for the second consecutive season, joining Louisville quarterback Lamar Jackson, Michigan linebacker Jabrill Peppers and Oklahoma teammates Baker Mayfield and Dede Westbrook.

The finalists were announced Monday and the award will be presented Saturday in New York.

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**Blatter loses appeal**

Sepp Blatter lost his appeal against a six-year ban by FIFA on Monday.

The former FIFA president was banned for approving a $2-million payment to Michel Platini in 2011.

Blatter faces other legal cases, including a separate FIFA ethics investigation into suspected bribery linked to multi-million dollar bonuses in top executives' contracts.

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MAKE IT TONIGHT

# *Healthy* Turkey Barley Chili

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

This healthy, fibre-rich chili has great depth of flavour and the barley adds a satisfying texture.

**Ready in 30 minutes**
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

**Ingredients**
- 1 Tbsp olive oil
- 1 large onion, finely chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 3/4 lb ground turkey
- 2 cups low sodium chicken stock
- 1 15 oz can of white beans, rinsed and drained
- 1 cup barley
- 2 tsp ground cumin
- 2 tbsp chili powder
- 1/2 tsp oregano
- 1/4 tsp salt
- 4 Tbsp of low-fat sour cream or plain yogurt

**Directions**

**1.** Heat oil in large Dutch oven. Add onion, celery and garlic. Cook 5 minutes or until onions are translucent.

**2.** Put turkey into pan, breaking apart with a wooden spoon. Cook 5 minutes or until no longer pink. Stir in chili powder, cumin, oregano and salt.

**3.** Add chicken stock, carrots and barley. Simmer for 10 minutes, stirring occasionally.

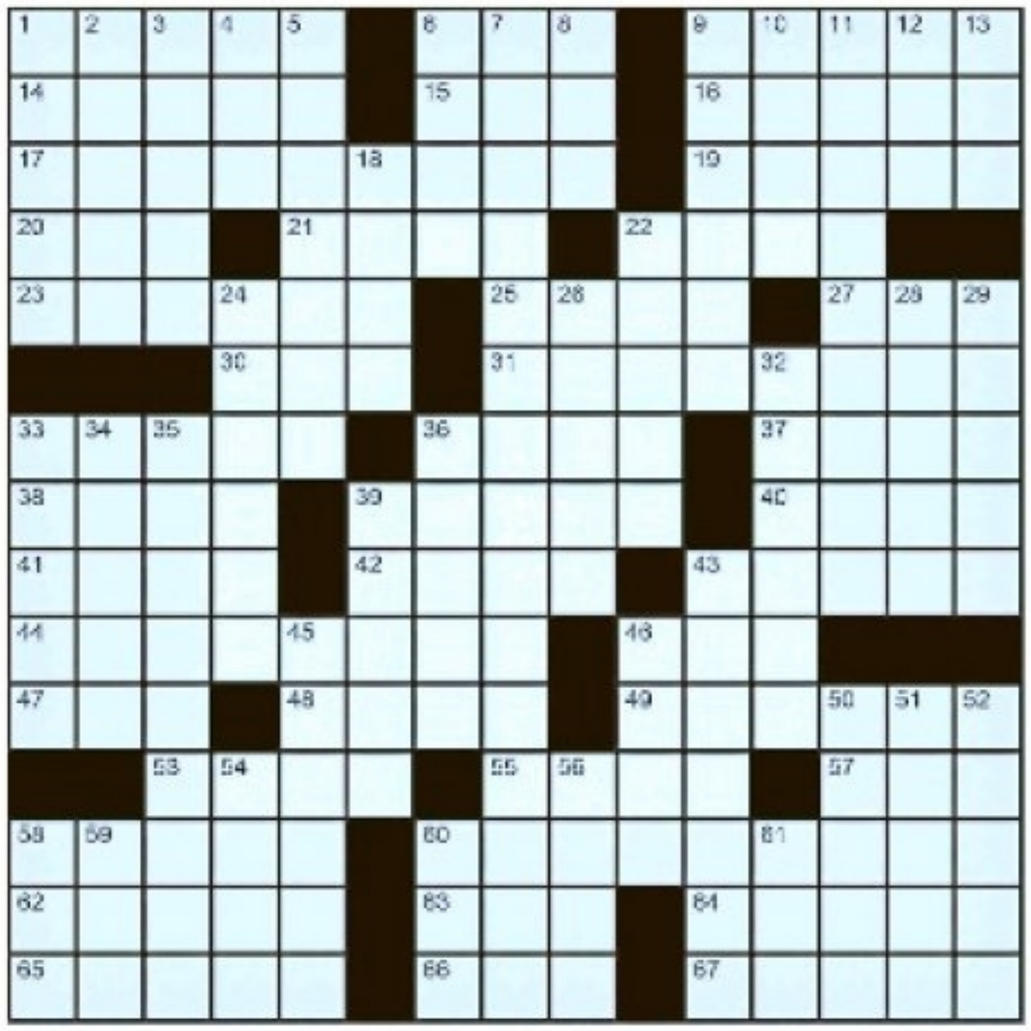
**4.** Add beans, mix well and cook on low heat a further 10 minutes.

**5.** Serve over your favourite bread with a dollop of fat-free sour cream or yogurt on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Goldie Hawn/Kurt Russell flick, "Swing _" (1984)
6. And so on, shortened
9. Large in scale
14. "_ funny." (Rather amusing, fun-style)
15. Vital life energy
16. Can't stand
17. Nonpareil
19. Laura and Bruce of acting
20. Palindromic honorific
21. Oz dog on the silver screen
22. Water's whirl-ee
23. Security system device
25. Ancient harp
27. City of Brazil, with Paulo
30. Rimouski refusal
31. Gloomy
33. Kisses, in Spain
36. Sort of streambed
37. Care-_-_ (Care Bears home)
38. Having the skills: 2 wds.
39. Mature, as a mango
40. Trigonometry ratio
41. Marinate
42. Racetrack shape
43. Early _ (Morning person)
44. Off-the-cuff speaker
46. Perfect spelled-out rating
47. Novel
48. Itemize
49. Bypasses
53. Gulf of _ (It's between Somalia and Yemen)
55. She-horse
57. Assembled
58. Andrea _ (Ocean liner in 1956 headlines)
60. Unforgettable
62. Prefix with 'continental'
63. Journey's "_ Way You Want It"
64. Overly tough guy
65. Ashen-looking
66. Final amt.
67. Besmirch

**DOWN**
1. Arctic seabirds
2. Door part
3. Jude Law's character in "Cold Mountain" (2003)
4. Rx watchdog in The States
5. Body drawings
6. Real
7. Barenaked Ladies song: 3 wds.
8. Sophia Loren movie, "El _" (1961)
9. Football video game series, _ NFL
10. Bon Jovi lyric: "I want to lay you down in _ _ of roses..."
11. Cocoon-encased pre-butterfly
12. Mr. Howard of Hollywood
13. Surgery sites, shortly
18. _ on the cob
22. James Mason's role in "The Desert Fox" (1951), Field Marshal _ Rommel
24. "Jersey Shore" cast member
26. Swiss song, sometimes
28. "Two Hearts Beat _ _" by U2
29. River rollicker
32. Reno venue
33. Second largest city in South Korea after Seoul
34. Lyric†poem variety
35. Loyalists
36. "The First _ Club" (1996)
39. Dr. Phil's wife
43. Rocker's amp effects
45. _-eyed
46. Produce Department selection
50. Diffuse
51. Ms. Burke of "Designing Women"
52. Turn while driving
54. Atkins _
56. _ acetate (Banana oil)
58. Dunk a bit
59. "Snakes _ _ Plane" (2006)
60. Front door rug
61. Sleeve

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Expect surprises when dealing with others today, especially in groups or classes. The surprise might be an event that affects everyone, or you might meet someone who is unusual or really different.

**Taurus** April 21 - May 21
Something will spur you into action today! Whatever it is will arouse your ambition. Be grateful that something makes you feel alive and ready for action!

**Gemini** May 22 - June 21
Unexpected opportunities to travel might fall into your lap today. Similarly, surprise opportunities to get further education or training might materialize. Yay!

**Cancer** June 22 - July 23
Keep your pockets open, because unexpected gifts and goodies might come your way today. You also could hear good news from a partner regarding money and wealth.

**Leo** July 24 - Aug. 23
Stay light on your feet, because a friend or a partner might throw you a curveball today. Quite likely, this person is excited about something that he or she didn't expect to happen. Enthusiasm is contagious!

**Virgo** Aug. 24 - Sept. 23
You have lots of energy at work today. This is a good thing, because you will have to deal with a work routine that is interrupted by surprising events. Stay on your toes!

**Libra** Sept. 24 - Oct. 23
Parents, take note: This will be a klutzy day for your children, so pay attention. Be extra vigilant and mindful. Do what you can to protect them from hazardous situations.

**Scorpio** Oct. 24 - Nov. 22
Something unexpected will happen at home today. Small appliances might break down, or minor breakages could occur. Perhaps a family member has surprising news. It could be anything.

**Sagittarius** Nov. 23 - Dec. 21
Be careful, because this is an accident-prone day. Therefore, be aware of everything you say and do. Keep your eyes open!

**Capricorn** Dec. 22 - Jan. 20
Guard your possessions and your cash flow against loss, theft or something untoward, because unexpected events might affect what you own. Check your bank account.

**Aquarius** Jan. 21 - Feb. 19
You feel energetic and impulsive today! This is why you will react to what others say. Guard against rash, knee-jerk behaviour.

**Pisces**
Feb. 20 - March 20
This is a restless day for you. Perhaps something going on behind the scenes has affected you, or perhaps you just feel edgy and nervous. Don't worry. This will be gone by tomorrow.

**CONCEPTIS SUDOKU** by Dave Green

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